



Friendship Heights

VILLAGE NEWS



MAY 2013

301-656-2797

VOLUME 27, NO. 12



Twin Springs returns
page 15



Take the trip of a lifetime

Join us on a grand adventure when we set sail this fall on the Queen Mary 2, the most magnificent ocean liner ever built. Imagine eight days of dining in premier restaurants, dancing to a full orchestra on the largest dance floor at sea, being pampered at the Canyon Ranch Spa, taking master classes with the Royal Academy of Dramatic Arts, listening to lectures arranged by Oxford University, enjoying musical productions that rival London's West End, gaming in the Empire Casino — or you can just sit in a deck chair all the way across and enjoy Cunard's famous "White Star Service." The 8,000-volume library is the largest afloat — and the QM2 has the only Planetarium at sea! Nearly four football fields long, rising out of the water as high as a 23-story building, it is the tallest, longest, largest and most expensive passenger ship ever built. Our staterooms are located on Decks 4, 5 and 6 (cabins are on 11 of the 13 decks and are numbered from the bottom up) and we will dine in the elegant two-tier Britannia Restaurant.

We will embark on this transatlantic voyage **Sunday, Oct. 27**, leaving the Village Center at 7:30 a.m. and arriving in time for lunch on board the ship. After a week at sea, we'll arrive in Southampton on Monday, Nov. 4 and travel by coach to London, stopping on the way to see Highclere Castle, where "Downton Abbey" is filmed. Monday and Tuesday nights will be spent at the Hilton London Olympia Hotel in the vibrant Kensington section of the city. A limited number of tickets to Shakespeare's *Much Ado About Nothing*, starring Vanessa Redgrave and James Earl Jones at The Old Vic on Monday evening, are available and can be added to your deposit when you sign up. The charge for one seat in the Orchestra is \$98 and is not refundable (transportation to the theater is not included; we will go together on the Tube or in taxis). On Tuesday we'll enjoy

Continued on page 3

A forum on the aging retina for baby boomers and beyond

A leading cause of vision loss in people over the age of 50 is Age Related Macular Degeneration (AMD), which gradually destroys the macula or the part of the retina that provides sharp central vision for seeing clearly. Learn about the latest research initiatives in the field at the Village Center on **Saturday, June 8, from 10 a.m. to 12 p.m.**

Highly regarded ophthalmologist Dr. Richard Garfinkel of the Retina Group of Washington and former Medical Advisor of the Macular Degeneration Network, will be our guest speaker.

Free parking is provided on the back deck of the Courtyard by Marriott. This event is sponsored in partnership with the Prevention of Blindness Society of Metropolitan Washington, Sibley Senior Association, Courtyard by Marriott, and the Village of Friendship Heights. To register for this free program, please call 301-656-2797.



Boomers Talk on Encore Careers, page 2

The Boom Box

Boomers — don't forget our "encore career" program on **Thursday, May 9, at 7:30 p.m.** at the Village Center. Meet bestselling author Kerry Hannon, who will discuss the possibilities, challenges, and secrets of landing a job in today's job market when you're 50 and beyond. She writes AARP.org's Great Jobs column and is a nationally recognized authority on boomer career transitions and retirement. Copies of her new book, *Great Jobs for Everyone 50+*, will be available for purchase. Please come for socializing and light fare at 7 p.m.; the program will begin at 7:30 p.m. Call 301-656-2797 to reserve a space.

And save this date — **Saturday, June 8, from 10 a.m. to 12 p.m.** — for a forum on Age Related Macular Degeneration, a leading cause of vision loss in people over the age of 50.



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The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the June issue is May 5th. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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ON the GO...

QM2, continued from page 1

a tour of the city that will include visits to Westminster Abbey, the changing of the guard at Buckingham Palace and lunch at an elegant restaurant. We will fly home on **Wednesday, Nov. 6.**

The cost of the trip, which includes an inside, outside or balcony cabin on the QM2, air fare from Heathrow to Dulles, bus transportation to New York on the day of sailing and from the airport upon return, two nights in the Hilton, city tour in London, one lunch, two breakfasts at the hotel, all meals on the ship, entry fees, and all taxes and gratuity for the bus drivers and tour guide (gratuities while onboard the ship are not included and are optional), is \$3,635 based on double occupancy for an inside cabin (single supplement is \$2,235), \$3,920 for an outside cabin (single supplement is \$2,520) and \$4,395 for a balcony cabin (single supplement is \$2,995). Residents and nonresidents may sign up immediately; these rates and availability are guaranteed until May 15. A deposit of \$670 is required at sign-up and is refundable until July 1 when the balance is

Continued on page 13

Tea and Talk: American artists in France

Art historian Joan Hart will present a lecture entitled "The American Impressionists at Giverny" at the Village Center on **Friday, May 17, at 2 p.m.**

See Giverny, France, through the eyes of the American Impressionists. Although originally attracted to this idyllic spot by Monet, artists such as John Singer Sargent, Theodore Robinson, Lila Cabot Perry, and Frederick Carl Frieseke created their own sun-filled and vibrant canvases. Whether painting a field of poppies, a woman posing by a shimmering pond, or a family enjoying high tea in a flowering garden, the American Impressionists rival and sometimes surpass their French counterparts.

Joan Hart is executive director of Museum One, Inc., an arts outreach service, and teaches at various community sites in the area. After the program please stay for tea; call 301-656-2797 to reserve a seat.



"Morning Walk"

by John Singer Sargent

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AUTHOR, AUTHOR

'Wickedly' good evening at the Village Center

Meet award-winning writer Anne Barton at the Village Center on **Thursday, May 2, at 7:30 p.m.**, when she discusses her book, *When She Was Wicked*, the story of 19th-Century London seamstress (and extortionist) Anabelle Honeycote.

Refreshments will be served and copies of the book will be available for sale. Please sign up by calling 301-656-2797.

FDR: hero or villain to the Jews?

Richard Breitman, author, historian and professor, will discuss the book he co-authored with Allan Lichtman, *FDR and the Jews*, at the Village Center on **Thursday, May 16, at 7:30 p.m.**

An impassioned debate still lingers over whether Franklin Delano Roosevelt turned his back on the Jews of Hitler's Europe. In an extensive examination of this argument, Richard Breitman and Allan Lichtman find that the president was neither savior nor bystander. In *FDR and the Jews*, they

draw upon many new primary sources to offer an intriguing portrait of a skilled politician who was compassionate but also pragmatic.

Richard Breitman and Allan Lichtman were confirmed in 2011 as Distinguished Professors in the Department of History at American University. Dr. Breitman is the author or co-author of ten books and many articles in German and U.S. history, and the Holocaust. He is editor of the US Holocaust Memorial Museum's journal, *Holocaust and Genocide Studies* and served as director of historical research for the Nazi War Criminal Records and Imperial Japanese Records Interagency Working Group, which helped to bring about declassification of more than eight million pages of U.S. government records under a 1998 law. Dr. Breitman was last at the Village Center in 2009 to discuss his book, *Refugees and Rescue*.

Copies of the book, provided by Barnes and Noble, will be available for purchase. Please sign up by calling 301-656-2797.

The Village Book Club will meet this month on **Tuesday, May 21, at 11 a.m.** The book selection is *The Orphan Master's Son* by Adam Johnson. Look for a copy of the book in the Center Reading Room on the shelf marked "Village Book Club Selections."

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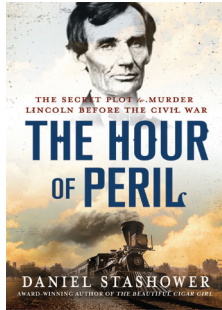
Maria Capobianco, Au.D. Thomas Winkler, M.D. Leslie Hao, M.D. Candace Thorp, Au.D.

Acclaimed biographer to speak at the Center

Author Daniel Stashower will discuss his latest book, *The Hour of Peril: The Secret Plot to Murder Lincoln Before the Civil War*, at the Village Center on **Thursday, May 23, at 7:30 p.m.**

The Hour of Peril is an account of the little-known Baltimore-based plot to assassinate Abraham Lincoln on his way to Washington to be inaugurated and the nation's most celebrated detective, Allan Pinkerton, who uncovered the plot and succeeded in slipping Lincoln unnoticed through Baltimore — and saving his life. *The Hour of Peril* has all the elements of an edge-of-your-seat movie or a first-class detective novel.

Daniel Stashower, a biographer and narrative historian, is the winner of the Edgar, Agatha, and Anthony awards, and the Raymond Chandler Fulbright Fellowship in Detective Fiction. His work has appeared in *The New York Times*, *The Washington Post*, *Smithsonian Magazine*, *AARP: The Magazine*, and *National Geographic Traveler* as well as other publications. Copies of the book, provided by Barnes and Noble, will be available for purchase. Please sign up by calling 301-656-2797.

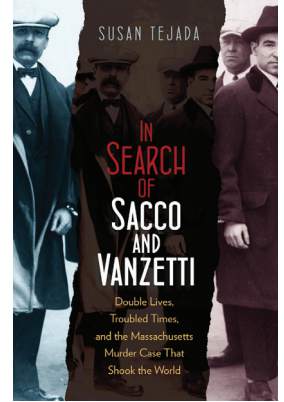


The murder case that shook the world

Journalist Susan Tejada will discuss her book, *In Search of Sacco and Vanzetti*, at the Village Center on **Thursday, June 6, at 7:30 p.m.**

Ms. Tejada spent years investigating the case of the two Italian-born laborers, Nicola Sacco and Bartolomeo Vanzetti, who were tried and convicted of robbery and murder in 1920. They went to the electric chair professing their innocence. She read diaries and police reports and interviewed descendants of major figures, discovering little-known facts about Sacco, Vanzetti, and their supporters, and developing startling new insights into the controversial case.

Ms. Tejada is a former writer and editor for the National Geographic Society, where she was the editor-in-chief of *National Geographic World* magazine and the author or managing editor of geography books for young readers. Copies of *In Search of Sacco and Vanzetti* will be available for purchase. Please sign up by calling 301-656-2797.



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A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

• Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

Thursday, May 2, 7:30 p.m. — Book signing with Anne Barton, see page 4 for details.

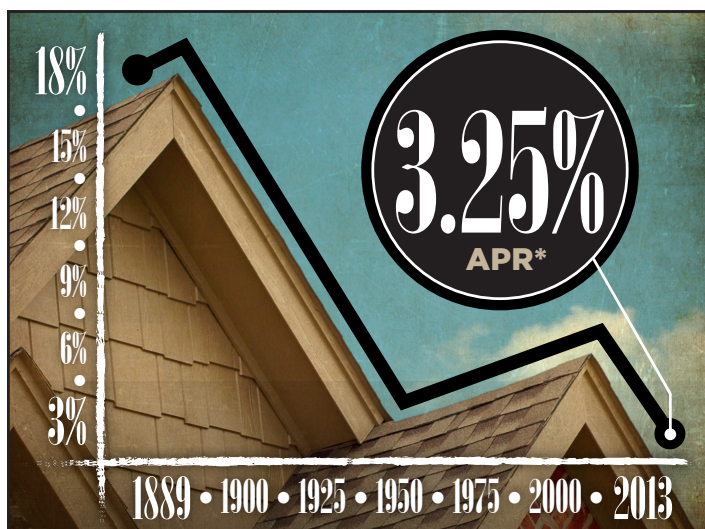
Thursday, May 9, 7 p.m. — Boomer Event - Encore Careers, see page 2 for details.

Thursday, May 16, 7:30 p.m. — Book signing with Richard Breitman, see page 4 for details.

Thursday, May 23, 7:30 p.m. — Book signing with Daniel Stashower, see page 5 for details.

Thursday, May 30, 7 p.m. — Movie — Hitchcock —
A love story about one of the most influential filmmakers of

the last century, Alfred Hitchcock and his wife and partner Alma Reville. The film takes place during the making of Hitchcock's seminal movie Psycho. Rated PG-13. Running Time: 98 minutes.



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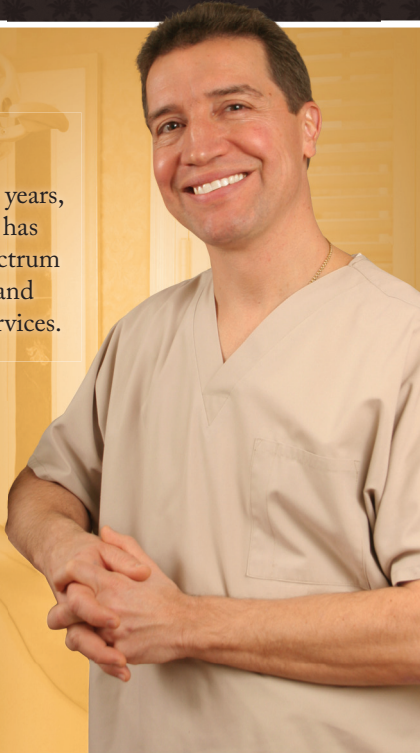




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ART and CULTURE

This month in Friendship Gallery

The G Street Doll Club and sculptor Joyce Zipperer will exhibit in the Friendship Gallery during the month of May. The work of the G Street Doll Artists is nationally known and always a hit at the Village Center. These dolls are very sophisticated works of art and all are delightful.

Joyce Zipperer's work stems from a lifelong interest in the design and construction of costumes and clothing. She

writes, "Throughout history, women have been influenced by trends in fashion, often discounting comfort and health issues. Focusing on women's undergarments, I have used metal fabrics, carved stone and welded steel to convey the changed attitudes and styles, which have mirrored our culture, past and present, to address some of these issues."

The show runs from May 6 to June 1. All are invited to a reception to meet Joyce Zipperer on **Sunday, May 19, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of certain activities in that room. Please check with the front desk receptionist when you arrive. Please note that all sales of art are final.



Above, G Street Dolls
Left, "Tight Laced," copper sculpture by Joyce Zipperer



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Friendship Heights
Village Center



Calendar
of Events

2013

MAY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Last Chance for Charles Town</div> <div>A few spaces remain for our trip to Charles Town on Sunday, May 19. We'll depart from the Center at 10:30 a.m. and return by 7 p.m. The cost is \$69, includes transportation, buffet, program and all taxes and gratuities. Sign up at the Village Center.</div>			<div>1</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel 6 p.m.: Yoga with Kathryn 7:30 p.m.: Concert:Barrie Goodman</div>	<div>2</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Book Signing with Anne Barton</div>	<div>3</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</div>	<div>4</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography</div>
<div>5</div> <div>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>6</div> <div>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 7 p.m.: Café Muse</div>	<div>7</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates</div>	<div>8</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: “Demystifying Your Thyroid” 1 p.m.: Health Insurance Counseling 6 p.m.: Yoga with Kathryn 7:30 p.m.: Concert:Thomas Pandolfi</div>	<div>9</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Boomers and Encore Careers</div>	<div>10</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</div>	<div>11</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography 2:45 p.m.: Depart for Nationals Stadium</div>
<div>12</div> <div>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>13</div> <div>7 a.m. to 8 p.m.: COUNCIL ELECTION 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga</div>	<div>14</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Speech Therapy and Support Group 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates</div>	<div>15</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: American Songwriters: “Hooray for Hollywood” 4:30 p.m.: Playing Defense 7:30 p.m.: Concert: Tales in the Village featuring Susan Gordon</div>	<div>16</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Basic Photography 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 12:30 p.m.: Vision Support Group 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Book Signing with Richard Breitman</div>	<div>17</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Event 2 p.m.: Tea and Talk: “The American Impressionists at Giverny”</div>	<div>18</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography</div>
<div>19</div> <div>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 10:30 a.m.: Depart for Charles Town 11:30 a.m. – 1:30 p.m.: Art Reception</div>	<div>20</div> <div>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga</div>	<div>21</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7:00 p.m.: Friendship Heights Village Council Swearing-in and Meeting</div>	<div>22</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 1 p.m.: American Songwriters: “The Wit and Wisdom of Cole Porter” 4:30 p.m.: Playing Defense 7:30 p.m.: Concert: Kinor Dance Company</div>	<div>23</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Basic Photography 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Book Signing with Daniel Stashower</div>	<div>24</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</div>	<div>25</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography</div>
<div>26</div> <div>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>27</div> <div>Memorial Day Center open 9 a.m. to 2 p.m. Shuttle runs on weekend schedule 10 a.m.: Great Books</div>	<div>28</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m. – 2 p.m.: MVA Bus 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates</div>	<div>29</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: American Songwriters: “Stardust Melodies” 4:30 p.m.: Playing Defense 7:30 p.m.: Concert:Antonio Guiliano</div>	<div>30</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Basic Photography 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 12:30 p.m.: Vision Support Group 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie:Hitchcock</div>	<div>31</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</div>	



Shuttle bus hours



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Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Time for Spring Cleaning
GEICO/Goodwill E-cycling Day

GEICO will host a Goodwill/E-cycling Day on **Saturday, May 11 from 9 a.m. to 12 p.m.** at the building parking lot at 5260 Western Avenue in Chevy Chase. Donations accepted include: electronics (in working condition and with ALL parts, including cords) Radios, stereo systems, mp3 players,VCRs, and DVD players (Goodwill will only accept televisions that have a coaxial cable connection or RCA inputs); small appliances such as toaster ovens, Foreman Grills®, coffee makers, vacuum cleaners, and portable air conditioners; fans that are CPSC approved; micro-wave ovens in acceptable working condition; computers, all brands, all parts, *any condition*; software programs less than two years old; gaming systems; and cell phones. Other recyclable household items will also be accepted such as clothes, shoes, toys, books, accessories, furniture and lawn equipment (all fuel must be removed prior to donating).

For more information about donating go to www.dcgoodwill.org and click on Donate.



CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION — A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi are required to sign a liability waiver when they register.

ART AND MUSIC

ACRYLIC OR OIL PAINTING (DAY)

A 10-week course for all skill levels, taught by Doris Haskel, begins June 3. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$60 for residents; \$80 for nonresidents. Minimum number of students is 10; maximum is 14. Session ends Aug. 12 (class will not meet June 24).

ACRYLIC OR OIL PAINTING (EVENING)

A 10-week course for all skill levels, taught by Doris Haskel, begins June 6. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$60 for residents; \$80 for nonresidents. Session ends Aug. 22 (class will not meet June 27 and July 4). Minimum number of students is 10; maximum is 14.

AMERICAN SONGWRITERS

Washington legend John Eaton teaches this series on American songwriters Harry Warren, Cole Porter, Hoagy Carmichael and Harold Arlen. The 4-week course begins May 15. Meets Wednesdays from 1 to 2:30 p.m. Cost is \$80 for residents; \$85 for nonresidents. Class ends June 5. A musical performance by Mr. Eaton highlights each session.

BASIC PHOTOGRAPHY (SATURDAY)

This 8-week course in black and white and color photography, taught by Llewellyn Berry, begins May 11. Meets Saturdays from 10:30 a.m. to 1:30 p.m. The cost is \$120. The class is open to new students as well as those from previous sessions. Students will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Instruction takes place in the

classroom as well as out in the field.

Students must bring a camera to class; digital cameras are preferred. Session ends June 29. See examples of Lew's students' work at <https://www.facebook.com/media/set>.

BASIC PHOTOGRAPHY (THURSDAY)

This 6-week course in black and white and color photography, taught by Llewellyn Berry, begins May 16. Meets Thursdays from 10 a.m. to 12 p.m. The cost is \$75. See description above. Session ends June 20.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins June 5. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$75 for residents; \$80 for nonresidents. Maximum number is 8. Last class is July 17 (class will not meet June 26).

STILL LIFE PAINTING

A 5-week course taught by Joan Samworth begins June 6. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. Meets Thursdays from 11 a.m. to 2:30 p.m. (you may bring lunch — brown bag only). The cost is \$78 for residents; \$83 for nonresidents. Maximum number of students is 14. Last class is July 18 (class will not meet June 27 and July 4).

BRIDGE

PLAYING DEFENSE

This 7-week series taught by Frank Shull, a life master at bridge, begins May 15. Meets Wednesdays from 4:30 to 6:30 p.m. Students will learn techniques on how to beat opponents after they get the contract. The class will cover such topics as leading against suit contracts; playing second hand low and third hand high; attitude signals when partner leads; and, opening leads. The maximum number of students is 17. This class is for people who have played bridge for at least a few years and continue to play on a regular basis. Call Frank with questions at 301-520-9968. The cost is \$105 for residents, \$110 for nonresidents. Session ends June 26.

EXERCISE AND FITNESS

BALANCE AND COORDINATION

This 6-week class begins June 4. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$65 for residents; \$70 for nonresidents. Session ends July 16 (class will not meet June 25). Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

CHAIR EXERCISE

This 7-week class begins May 1. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$75 for residents; \$80 for nonresidents. Session ends June 12.

MAT PILATES

The 6-week session begins May 28. Meets Tuesdays from 7 to 8 p.m. Pilates movements tone the body from 'the inside out' bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up for this course; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both *PhysicalMind Institute* and *Powerhouse Pilates*. The cost is \$85 for residents and \$90 for nonresidents. Please bring a Pilates/Yoga mat and bath towel. Questions? Email Ginger-rusteach@yahoo.com. Session ends June 25.

SKY VALLEY TAI JI (THURSDAY)

This 6-week class, taught by Thomas Johnson, begins May 23. Meets Thursdays from 9:30 to 10:30 a.m. and is especially for beginners. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends July 11 (class will not meet June 27 and July 4).

SKY VALLEY TAI JI (TUESDAY)

This 6-week class begins May 21. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends July 2 (class will not meet June 25).

STRENGTH TRAINING WITH CHERYL

This 6-week class begins May 24. Meets Fridays, from 10:30 to 11:30 a.m. The class, taught by Cheryl Clark, will enhance range of motion and strengthen muscles and work on balance and posture. The cost is \$65 for residents; \$70 for nonresidents. Session ends July 5 (class will not meet June 28).

STRENGTH TRAINING WITH TONYA

This 4-week class begins June 17. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton,

focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$45 for residents; \$50 for nonresidents. Session ends July 15 (class will not meet June 24).

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

DROP-IN TAI CHI

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Usually meets on the second and fourth Wednesdays of each month from 1 to 3 p.m. Please call 301-590-2819 for an appointment.

SCRABBLE

This group of Scrabble players meets at the Center Thursdays at 6:15 p.m. All are welcome.

TEA

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 4 p.m. All are welcome for bridge or bridge plus (duplicate bridge); cards will be supplied. Contact Nancy White at 301-652-4119 for more information.

VILLAGE PLAY TIME

Children of all ages are welcome to play together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend, or family member over age 13.

VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets one Thursday a month at 12:30 p.m. for lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.

Tap your inner artist for our July show

The July art show in Friendship Gallery will be open to all artists in the area. Friendship Heights Village's "Three Cheers for the Red, White and Blue!" show in July is a popular multi-media exhibit held each year in conjunction with the annual Fourth of July celebration. Suggested themes include family gatherings, parades, fireworks, picnics, heroes, and, speeches. Look for applications at the Village Center.

CONCERTS

Concerts will be held from 7:30 – 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

Wednesday, May 1 — Barrie Goodman Jazz Band — Jazz instrumentalist Barrie Goodman and cabaret singer Patsy Grady Abrams offer songs from the great American songwriters and composers.

Wednesday, May 8 — Thomas Pandolfi — Pianist Thomas Pandolfi is an exciting virtuoso who, with each passing season, is becoming more and more sought after by audience. A graduate of The Juilliard School, Pandolfi earned both his bachelor's and master's degrees as a scholarship student.

Wednesday, May 15 — Tales in the Village featuring Susan Gordon — Spend a fascinating evening with former Georgetown University Hospital Artist-in-Residence Susan Gordon. Ms. Gordon began telling stories 30 years ago and received a masters degree in therapeutic storytelling in 1992.

Wednesday, May 22 — Kinor Dance Company — Celebrating its 40th year, Kinor Dance Company returns to Village Center with an inspiring evening of Israeli music and dance. See the newest piece, "Ode," a tribute to this milestone, along with "Remembrance," created to mark the company's 18th or special "chai" year, with its sections celebrating spirit, soul and joy. Also on the program: "Or," a dance of light and hope; "The Way it Was... The Way it Is," showing compassion and empathy among a trio of women; the stylized "Yemenite Dance," featuring exotic costumes and movements; and the affecting true story of martyr Hannah Senesh depicted in "The Defender."

Wednesday, May 29 — Antonio Guiliano — Antonio Guiliano is currently serving his nation as a master vocalist and National Anthem soloist for the U.S. Army Chorus. He studied at the College of Music at Loyola University in New Orleans. He has appeared in opera, concerts, and recitals throughout the U.S. and Europe.

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TO YOUR HEALTH

Demystifying your thyroid

Thyroid diseases affect millions of people in this country. At this month's Suburban Lecture at the Village Center on **Wednesday, May 8, at 1 p.m.**, Dr. Shabina Ahmed, endocrinologist at Johns Hopkins Community Physicians, will review the signs and symptoms of various thyroid diseases including hyperthyroidism, hypothyroidism and goiter. She will also discuss your risk of thyroid cancer, including when to get your thyroid checked.

There is no cost for the talk, but **please** call 301-656-2797 to let us know if you plan to attend.

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Vision Support Group: Growing with the flow

Come to the Vision Support Lunch and Learn at the Village Center on **Thursday, May 16, at 12:30 p.m.**, to meet Marti Bailey, Director of Sibley Senior Association and Community Health, and discuss the challenge of making life transitions. May is Older Americans Month and this year the theme is "Unleash the Power of Age." Some people have an easier time with change than others — come and unleash your power!

The Vision Support Group is a partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. You don't have to have poor sight to participate. You must register in order to reserve a light lunch by calling 301-656-2797.



QM2, continued from page 3

due. The deposit for a single is \$1340. A minimum of 18 passengers is required; the maximum is 28.

Travel insurance is required and must be purchased within 14 days of sign-up (personal insurance will not cover you on international waters). You will receive insurance information at sign-up. If you would like, you may charge your deposit over the phone. At least \$2000 of your trip cost must be paid for by check.

To make registration easier, participants will sign up directly with our "Cunard connection," Grand American Tours and Cruises. Please come to the Village Center to add your name to our list and receive registration forms and information. Don't miss this opportunity to cross the Atlantic — and cross the Queen Mary off your bucket list!



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Cafe Muse presents...

This month's Café Muse, on **Monday, May 6, at 7 p.m.**, features poetry from Brad Davis and Mike White.

Brad Davis's poems have appeared in The Paris Review, Poetry, DoubleTake, and other journals. In 2005, his chapbook Short List of Wonders, won the Sunken Garden Poetry Prize. He has also won an Association of Writers and Writing Programs Award and an International Arts Movement Poetry Award for individual poems.

Mike White is the author of How to Make a Bird with Two Hands, which received the 2011 Word Works Washington Prize. His poems have appeared in magazines including The New Republic, Poetry, The Iowa Review, and FIELD. He teaches at the University of Utah.

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:20. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 35 years. For more information visit www.wordsworksdc.com.



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*Certain restrictions may apply. Must be first-time user.

Produce market returns to the village this month

Twin Springs Fruit Farm will set up its market on **Saturday, May 4, from 9 a.m. to 1 p.m.**, and will be on the portico of the Friendship Heights Village Center every Saturday until mid-November.

During May, the farmers expect to have their own greenhouse tomatoes, arugula, cucumbers, basil, and garlic. In addition, they will feature fresh asparagus, spinach, radishes, spring onions, lettuce and other locally grown veggies. Also available in May are strawberries, baked goods, jams and jellies, apples, cheese and eggs. See you at the market!



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Village Council Corner

Council election: Monday, May 13

The Village Council election will be Monday, May 13, at the Village Center. The League of Women Voters will run the election. Polls will be open from 7 a.m. to 8 p.m. The seven Village Council incumbents are running unopposed: **Leonard Grant; Elizabeth Demetra Harris; John Mertens; Alvan Morris; Robert Schwarzbart; Maurice Trebach; Melanie Rose White.**

The Council swearing-in ceremony will be Tuesday, May 21, at 7 p.m., at the Center, followed by a reception and the Council meeting at 7:30 p.m.

Village celebrates Community Day

Our twenty-seventh annual Community Day, celebrating the anniversary of the opening of the Village Center, featured Famous Dave's barbeque and music from the Greg Harrison Band. Mayor Melanie White presented **Marianne Cook** with a resolution adopted by the Council and a plaque honoring her as the first Village Centenarian Volunteer (see photo at right). Marianne plays the piano at our Tuesday Tea program every week. Thank you Marianne for your continued service to our community!



MVA Bus on Tuesday this month

The MVA Bus will be here on Tuesday, May 28, from 10 a.m. to 2 p.m., due to the Memorial Day Holiday. The bus stops on Friendship Boulevard next to the Center.

Other Council action at the April 8 meeting:

- Confirmed third year of Village audit proposal from Lindsey & Associates.



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815



Check out our website:

www.friendshipheightsmd.gov

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May 2013 events calendar